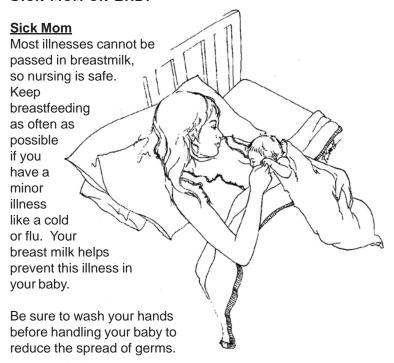
10 BREASTFEEDING FACT SHEET

SICK MOM OR BABY



If you need to take any medicine, be sure your health care provider knows you are breastfeeding. It's best if you can take medicine that is safe for breastfeeding. If you must take medicine that is not safe for breastfeeding, pump your breast milk every 3 hours while you are awake and throw the milk away. This will keep up your milk supply until you can nurse again. If you are too ill to nurse, try pumping milk. It is important to balance your need to rest with the need to nurse.

In the United States, breastfeeding is not recommended if you are HIV positive. Check with your health care provider.

IF YOU ARE IN THE HOSPITAL

Your baby can be brought to you for some breastfeedings in many hospitals. At other times, pump your milk to keep up your supply. An electric pump is easiest to use in this situation. See Fact Sheet #7 Using the Electric and Hand Pump. Ask if your medications are safe for breastfeeding. If they are not, pump and throw away the milk.

Sick Baby

In most cases breastfeeding can be continued and helps your baby get better faster. Unless your baby is really dehydrated (low on liquids), extra water is not needed. Check with your health care provider.

COLD

Breastfeed whenever baby wants to nurse. If baby has a stuffy nose, clean out her nose or use salt water nose drops just before nursing. Hold her more upright during breastfeeding.

VOMITING

If she can take anything by mouth, it should be breast milk. Nurse for 2 minutes then wait 10 minutes. Do this for 1 hour. If she stops vomiting, then slowly increase the length of feedings. You may want to let her suck on your finger between the short nursings.